Lenten Fish Day Menus Here Again!

SALMON TOPPED SALAD

1 can (7¾ ounces) salmon
1½ cups cooked peas
1 cup diced cucumber
1 cup shredded lettuce
Lettuce leaves

Drain salmon and break into good-sized chunks. Combine peas, cucumber and shredded lettuce; toss together. Place in a lettuce-lined bowl. Mound chunks of salmon in the centre. Serve with mayonnaise or salad dressing. Makes four servings.

Ocean's Succulent Crop Offers Tempting Dishes

Fish come into its own during Lent and as each year turns around there seems to be more appetizing ways of preparing the succulent crop of the ocean. Victorians are in luck when it comes to seafood, we have the fresh product right at our doorstep.

However, for those who don't like handling the fresh fish, the frozen product has reached a high peak in flavor and also offers almost every variety, and then there is the excellent canned varieties also available.

Lenten menus, of course, are varied with eggs and cheese, for sources of protein, but today we are concentrating on fish recipes that can be either economical or in the gourmet class.

There are few soups that rival ones made from fish, so try a hearty chowder to prove this conclusion.

1 pound fish fillets (halibut, cod, sole)
2 tablespoons butter
¾ cup onions sliced thinly
½ cup celery
2 cups diced raw potatoes
½ cup sliced carrots
2 cups boiling water
1 teaspoon salt
⅛ teaspoon pepper
2 cups milk

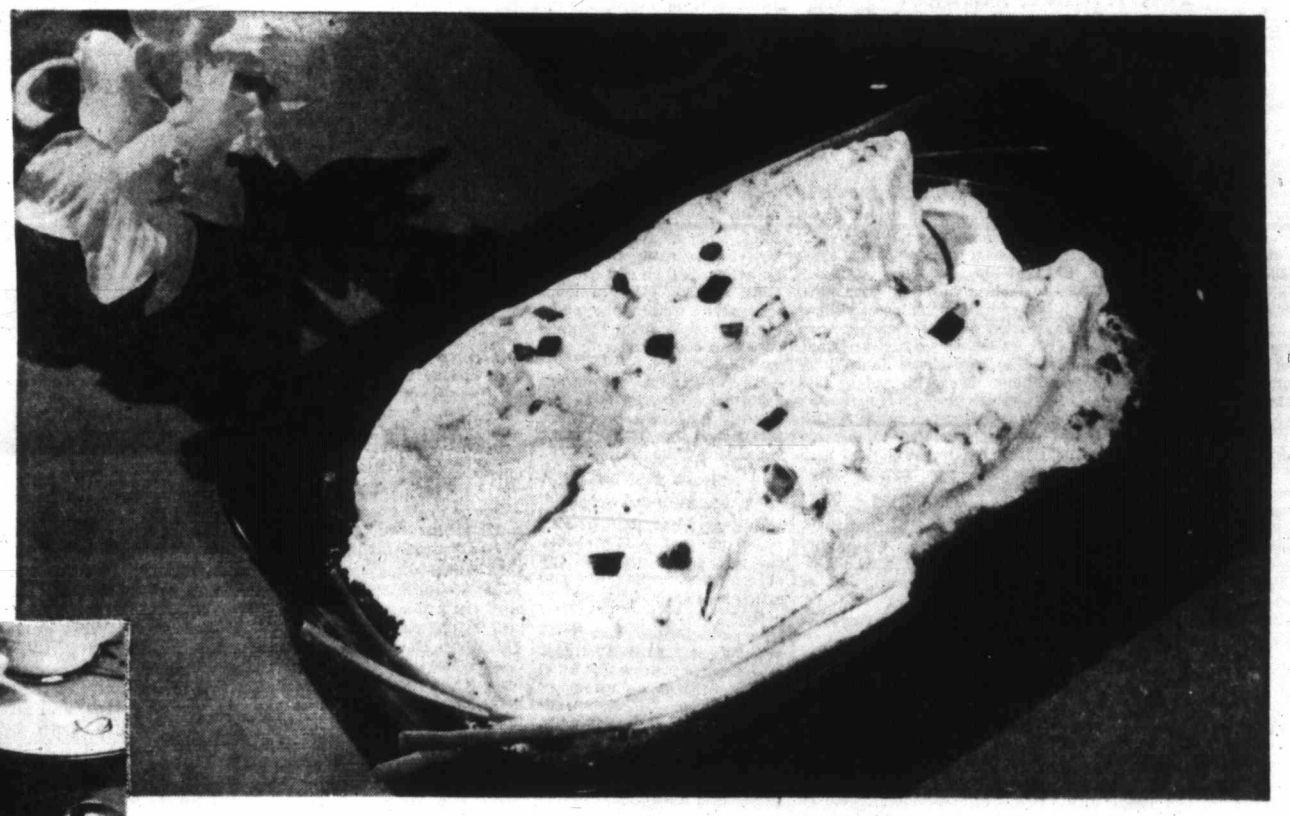
Cut fillets into bite-sized pieces. Melt butter in a large saucepan and saute the onions and celery until limp. Add the potatoes, carrots, water, salt and pepper. Simmer until the vegetables are tender. Add the fish and cook 10 minutes longer. Add the milk. Reheat but do not boil.

Don't Overcook Fish

Fish has no tough connective tissue and so doesn't require a lengthy cooking period.

Measure the thickness of the fish or pieces of fish at the thickest part. For oven cooking, preheat to 450 F and allow 10 minutes' cooking time for each inch of thickness for fresh fish and about 20 minutes for frozen fish.

Fish is cooked when the flesh loses its translucent appearance and becomes opaque to the centre of the cut and the juices are milky-colored.



HALIBUT STEAKS, COUNTRY STYLE

Two halibut steaks—1-inch thick, salt and pepper, ½ cup chopped green onions-tops and all, ½ pint commercial sour cream.

Place halibut in a greased baking dish. Season with salt and pepper. Sprinkle the chopped onion over the fish. Cover the top and sides of the fish with the sour cream. Bake at 350° for 30 minutes. Yield: six servings.

SEAFOOD LUNCH PLATE

2 pounds shrimp, cooked and peeled
2 medium avocados, halved
Ripe olives
Carrot strips
Shredded greens
Seafood cocktail sauce
Lemon quarters

Clean cooked shrimp and chill. Remove seed from avocados. To serve, put avocado on plate with bed of shredded lettuce or other greens. Fill centre with shrimp. Add sauce and garnish with lemon quarter. Fill a scooped-out lemon half with additional sauce. Slip carrot strips through pitted black olives. Serve with hot rolls and butter, lemon sherbet and tea.

COCKTAIL SAUCE

¼ cup fresh lemon juice
1 tablespoon prepared horseradish
2 teaspoons Worcestershire sauce
½ teaspoon salt
1 cup minced celery
2 tablespoons minced parsley
1 cup tomato catsup

Combine ingredients and mix them thoroughly. Chill and serve with shrimp, crab or lobster. Makes two cups.

Salmon Almond Casserole

1 can (7¾ ounces) pink salmon
1 cup cooked rice
2 tablespoons butter
½ cup chopped onion
2 tablespoons chopped green pepper
1 can (10 ounces) cream of mushroom soup
⅔ cup salmon liquid plus milk
1¾ cups coarsely-crushed potato chips (two 1¾-ounce packages)
⅓ cup blanched almonds

Drain and flake the salmon, crushing the bones and saving liquid. Combine salmon with rice. Melt butter in pan and saute onion and green pepper until tender. Add to salmon mixture. Mix soup and liquid until smooth. Place half potato chips in greased, 1½-quart casserole and cover with alternate layers of salmon mixture and soup mixture.

Cover with remaining potato chips. Sprinkle with slivered almonds. Bake uncovered in a pre-heated oven at 375 F for 30 minutes. Makes five to six servings.

Crab Delight

1 pound cooked fresh crab or 2 cans (6½ ounces each)
⅔ cup sliced fresh mushrooms
¼ cup butter
¼ cup flour
½ teaspoon salt
⅛ teaspoon pepper
1½ cups milk
2 tablespoons lemon juice or white wine
Buttered bread crumbs (about ½ cup.

Separate crab meat. Saute mushrooms in butter until tender. Blend in flour and seasonings. Add milk gradually and cook, stirring constantly, over low heat or hot water, until thickened. Add crab meat, lemon juice or wine.

Place in greased individual casseroles or ramekins. Sprinkle with sufficient bread crumbs to lightly cover top. Bake in a hot oven (400 F) for 15 to 20 minutes or until bubbling hot. Makes six servings.